

New Provider Settings Quiz
Aging Waiver

HCBS Settings Rule New Settings Training & HCBS Settings Rule Transformation

1. The HCBS Settings Rule established the following (choose all that are correct):
 - a. New settings must be in compliance with the rule on the day services are first provided
 - b. States must demonstrate compliance with the rule by March 17, 2023
 - c. The mandatory requirements for the qualities of home and community based services (HCBS) settings for all HCBS Medicaid Waiver services
 - d. Settings that are not HCBS (nursing facilities, institution for mental diseases [IMD], intermediate care facility for individuals with intellectual disabilities [ICF/IDD], hospitals)
 - e. Settings with the effect of isolating individuals from the broader community of individuals not receiving HCBS are presumed not to be HCBS

2. **Some** of the main components of the HCBS settings rule include (choose all that are correct):
 - a. Community Inclusion; individuals are integrated in and have access to the greater community to the same degree as individuals not receiving Medicaid HCBS
 - b. Individuals are provided with privacy, dignity, and respect
 - c. Individuals are required to follow set schedules initiated by the staff/provider
 - d. Individuals have the independence to make life choices (such as they are allowed to engage in age-appropriate activities in a manner consistent with those not receiving Medicaid HCBS)
 - e. Settings located in rural areas are automatically presumed as isolating to HCBS beneficiaries

3. Which of the following **may be** an indicator that the setting has institutional qualities (choose all that are correct)?
 - a. Individuals have limited opportunities for interaction with the broader community
 - b. The setting is physically located separate and apart from the broader community and does not facilitate the opportunity to access the broader community
 - c. The setting is located in a rural area and individuals have the same access to their community as those not receiving Medicaid HCBS
 - d. Individual choice is restricted regarding service and supports and who provides them
 - e. The setting provides opportunities to seek employment, engage in community life, and control personal resources

4. Which of the following are **some** indicators that the setting is compliant with the settings rule qualities (choose all that are correct)?
 - a. Individuals are attending classes in the community (e.g. exercise, cooking, art, etc.)
 - b. The setting has a formal process in place for individuals to create their own schedule
 - c. When a group of individuals go out to lunch together, individuals handle their own purchases
 - d. Individuals requiring similar supports are grouped together to make it easier for staff
 - e. The setting brings members of the community into the setting (reverse integration)

5. There are situations where modifications or restrictions are put into place. Which of the following is true (choose all that are correct)?
- All modifications or restrictions must be justified and documented in the person centered support plan; a diagnosis is not sufficient documentation to justify a modification or restriction
 - Modifications or restrictions can be used for the convenience of staff as long as it is documented properly
 - Individual's informed consent must be documented
 - There must be a way to circumvent the restriction for other individuals in a group setting
 - Restrictions or modifications can be implemented uniformly across the setting or for a group of individuals in the setting or as "house rules"
6. Which of the following are **some** examples that are compliant with the settings rule (choose all that are correct)?
- An individual is told once they come to the facility they cannot leave until the program day is over. If they have an appointment during service time, they cannot come to program at all.
 - An individual reports he does not want to come to the setting anymore; he is bored. Staff changes the subject and there is no follow up to the request.
 - An individual does not want to participate in an activity provided in the setting. He is required to sit with the group and observe; but he is not required to participate.
 - An individual does not feel like eating what is being provided for a meal. He requests an alternate meal option.
 - An individual does not want to participate in a community activity even though he has previously signed up for it. He is allowed to stay behind at the setting and chooses another activity to participate in.
7. The best place to learn and work in the community is in the community. Which of the following are **some** examples of promising service principles that would meet the settings rule?
- If an individual is interested in community activities, they are given the opportunity to explore and experience those activities
 - Provider develops an advisory group, including individuals they serve, in order to assist in designing new service models and strategies.
 - Individuals are assisted to develop natural supports, or meaningful relationships, with others in the community
 - Provider connects an individual who enjoys painting to a local gallery where they can interact with other artists
 - The setting coordinates transportation so individuals that can, can independently experience life in the community

8. An individual expresses the desire to get their driver's license and drive. This is something you are unsure the individual will be able to accomplish. Which of the following would meet the settings rule and ensure you are balancing the preservation of safety with the dignity of risk?
 - a. You assist the individual by helping them to obtain information about the process required in learning how to drive and getting their license. You make sure they understand how difficult this will be for them and how unlikely they are to meet their goal. You convince them to choose an easier, more realistic goal to work on.
 - b. You tell the individual that it is unrealistic for them to get their driver's license and explain that is not a goal that you can support them in.
 - c. You assist the individual by supporting them to obtain information about the process required in learning how to drive and obtain a driver's license. You help them to gather information, explore their options, and understand what is required to meet their goal. Then you allow the individual to choose what steps to act on (or not).

9. An individual has Prader-Willi syndrome, a genetic condition in which chronic overeating is a common feature. This individual has recently gained weight, and has been diagnosed with obesity, hypertension, and diabetes. This individual has demonstrated that they are unable to regulate their food intake and there is a history of the individual stealing food from the other individuals in the setting. Which of the following restrictions would meet the settings rule?
 - a. All the food in the setting is locked up. Individuals are allowed to bring their own food/snacks; when they arrive, they are required to give their food to staff to lock up. All individuals in the setting have to ask staff when they want to access any food.
 - b. The snack cupboard and refrigerator is locked. They both have a lock that requires a code. If other individuals in the setting choose to keep their food locked in the snack cupboard or refrigerator, they are given the code to the locks if they want it or they can choose to ask staff for access.
 - c. All food in the setting is kept in a locked room that is accessible with a coded lock. Individuals are not allowed to bring their own food/snacks, the program provides all food. Individuals without a restriction can have the code to have access to food throughout the day or they can ask staff.

10. An individual has expressed they really miss going to the local high school football games. Her favorite part of going is watching the cheerleaders. Other individuals in the program hear her talking about the games and several of them chime in that enjoy football games and/or watching the cheerleaders as well. Which of the following examples would meet the settings rule?
 - a. Staff listened to the individuals talk and promoted them in sharing stories and memories of attending local football games.
 - b. Staff look up the local high school football calendar, print it, and send it home with the individuals who expressed interest in going along with a note for their families explaining they have expressed interest. Staff also contacted the high school to make arrangements for a group to attend and watch football and cheerleading practice in the following month.
 - c. Staff let the individuals know that football games are outside of service time so this is not something they could support in arranging.